

Sheikh Farid – Sabad 125
mai jaaniaa vadd ha(n)s hai taa(n) mai keetaa sa(n)g ||
Salok, Guru Amardas, Guru Granth Sahib, 1384

mai jaaniaa vadd ha(n)s hai taa(n) mai keetaa sa(n)g ||
je jaanaa bag bapuRaa janam na bheRee a(n)g ||123||

Summary: The mind often focuses on external signs because they are easier to understand than deeper truths. This leads to judgments and relationships being formed based on appearance or status. However, what is visible doesn't always reflect reality. Connections built on surface-level traits are fragile and prone to disappointment. A more meaningful life begins when we learn to look beyond appearances and engage with what is truly authentic.

mai jaaniaa vadd ha(n)s hai taa(n) mai keetaa sa(n)g ||
I believed it was a magnificent swan, so I kept it company. This indicates how the mind relies on external signs and forms connections based on appearance rather than inner truth.

je jaanaa bag bapuRaa janam na bheRee a(n)g ||123||
Had I known it was only a vulnerable heron, I would never in my life have crossed paths with it. This reflects the pain of late realization when clarity comes only after facing unhealthy situations and associations. (123)

Essence: Guru Amardas resonates with Sheikh Farid about the consequences of misjudgement and emphasises the importance of discernment. His message suggests that appearances can be deceptive, and what seems advantageous may not be truly beneficial. This serves as a warning to look beyond the surface, as misguided intentions can disrupt one's spiritual journey, often recognized only when one faces the consequences.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

Oneness In Diversity Research Foundation

Website: OnenessInDiversity.com

TheGuruNanak.com

LearnWithNanak.com

Email: onenessindiversityfoundation@gmail.com